

SUPPORT FOR MONITORING YOUR HEALTH

Stay connected with your care team between appointments with automated text messages.

This program can help you monitor:

- Blood sugar
- Breathing
- Heart health
- Mood or mental health conditions

Each week, you'll receive automated text messages to check in on your health. It only takes a few minutes to respond, and you can pick a time that works best for you. If you're experiencing a decline in your condition or symptoms, a care team member will follow up and connect you with additional support.

HOW TO ENROLL

Eligible patients will be automatically enrolled by clinicians upon meeting specific criteria.

This program is not a replacement for how you currently communicate with your care team.

During an emergency, call 911 or 988 for the National Suicide and Crisis Lifeline.

Sanford Health Care Team

Example text messages

Sanford Health: You've been enrolled in a new care plan. Review your Type 2 Diabetes tasks in My Sanford Chart: <https://m.snfrd.org>

Sanford Health: You have 8 tasks left to complete today:

- Managing diabetes
- Take charge of your diabetes medicines
- Chronic kidney disease
- and more not shown

<https://m.snfrd.org>

Message and data rates may apply for any messages sent to you from us and to us from you. Message frequency may vary.

Our Privacy Statement is located at sanfordhealth.org/privacy-statement and Notice of Privacy Practices at sanfordhealth.org/privacy-of-health.

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